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Vocabulary Builder Reference from...

Claudia Aguirre: Does stress cause pimples? | TED Talk

https://www.ted.com/talks/claudia_aguirre_does_stress_cause_pimples

All Words

IMPORTANT

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Session 1: Word List

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**
He suffers from **nervous** breakdowns.

bud

n. a small swelling on a plant stem or twig containing an undeveloped shoot

synonym : shoot, sprout, germ

(1) pinch off a **bud**, (2) **bud** grafting

The flower was starting to show its **bud** and would soon bloom into a beautiful blossom.

practically

adv. almost or nearly

synonym : almost, nearly, virtually

(1) **practically** constant, (2) **practically** impossible to find a parking spot

The store is **practically** empty.

eclipse

n. an obscuring of one celestial body by another, often used to describe a lunar or solar eclipse; a period of obscurity or decline, often used to describe a decline in popularity or influence; (verb) to surpass, overshadow,

or outshine someone or something

synonym : overshadow, blackout, decadence

(1) partial **eclipse**, (2) **eclipse** a competitor

People across the country gathered to watch the solar **eclipse** in wonder and amazement.

hover

v. to stay in one place in the air

synonym : hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

massive

adj. enormous amount; very heavy and solid

synonym : enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

giggle

v. to laugh lightly and repeatedly in a silly, nervous, or childlike way

synonym : titter, chuckle, snicker

(1) **giggle** like a child, (2) **giggle** uncontrollably

When we saw the animals at the zoo playfully chasing each other, we all started to **giggle**.

slump

v. to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality

synonym : drop, sink, sag

(1) **slump** against pillows, (2) economic **slump**

Sales of the product **slumped** after the negative reviews were published.

mess

n. a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

synonym: disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

rewind

v. to make something, such as a film or tape, go back to the beginning

synonym: wind back, back up, reverse

(1) **rewind** a film, (2) manually **rewind** the tape

Please **rewind** the thread onto the reel.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym: destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

unprepared

adj. not properly or adequately prepared; lacking preparation; not ready

synonym: inexperienced, caught off-guard, ill-equipped

(1) **unprepared** speech, (2) **unprepared** for the exam

The **unprepared** student struggled on the test and received a low grade.

ambush

n. the act of hiding and waiting for someone before the sudden attack

synonym: trap, surprise, lure

(1) attacking from **ambush**, (2) **ambush** marketing

Armed police officers lay in **ambush** in front of the criminal's house.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

sweep

v. to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

synonym : clean, clear, brush off

(1) **sweep** up dead leaves, (2) **sweep** a room with a glance

The politician tried to **sweep** the embarrassing incident under the rug.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym : perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

palm

n. the inner surface of the hand from the wrist to the base of the fingers; any plant of the family *Palmae* having an unbranched trunk crowned by large pinnate or palmate leaves

synonym : hand, fist

(1) the **palm** side of the forearm, (2) coconut **palm** trees

This high-performance camera is compact enough to fit in the **palm** of your hand.

foggy

adj. characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

synonym : misty, hazy, murky

(1) **foggy** morning, (2) **foggy** memory

The **foggy** weather made it difficult to see the road ahead.

stumble

v. to miss a step and fall or nearly fall; to walk unsteadily

synonym : bumble, struggle, misstep

(1) **stumble** financially, (2) **stumble** through life
She **stumbled** over the tree root.

daze

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

synonym : stupor, confusion, (verb) stun

(1) walk around in a **daze**, (2) **daze** of sleep

He was in a **daze** from the sudden news and couldn't process it properly.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

spike

n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something

synonym : end, spindle, point

(1) to **spike**, (2) to prevent blood sugar **spikes**

The recent **spike** in grain prices is partly due to the war in the producing countries.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

primitive

adj. of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

synonym : elementary, naive, rudimentary

(1) **primitive** society, (2) artifact of a **primitive** humankind

The industry in this country is still **primitive**.

cave

n. a large hole in the side of a hill, cliff, mountain, or under the ground

synonym: cavern, grotto, burrow

(1) domiciliary **caves**, (2) the mouth of the **cave**

Bats reside in sheltered **caves**.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym: engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

saber

n. a type of sword with a curved blade, typically used in cavalry or fencing

synonym: sword, cutlass, blade

(1) **saber** fencing, (2) ceremonial **saber**

The military commander drew his **saber** and shouted orders to the troops.

specification

n. a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

synonym: description, requirement, guideline

(1) functional **specification**, (2) engineering **specification**

The project's **specifications** outlined the goals and requirements for the team to complete.

chemical

adj. relating to or connected with chemistry;

synonym: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an

animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

plight

n. a difficult or unfortunate situation

synonym: crisis, predicament, trouble

(1) miserable **plight**, (2) the **plight** of the poor

The government has ignored the **plight** of the homeless population.

traffic

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

synonym: congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

ponder

v. to think deeply or carefully about something

synonym: think about, consider, reflect on

(1) **ponder** divine matters, (2) **ponder** life's meaning

She sat quietly, **pondering** the difficult decision.

pollution

n. the introduction of harmful substances or waste into the natural environment that causes adverse change

synonym : corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**

The **pollution** is endangering the local plants and animals.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym : apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage

Oxytocin is also produced in the nucleus of the **hypothalamus**.

controller

n. a person or device that manages or regulates the operation of a system, equipment, or machine; a high-level position within an organization responsible for overseeing management, operations, and reporting

synonym : regulator, manager, handler

(1) **controller** board, (2) financial **controller**

The gaming **controller** was the missing piece I needed to enjoy my video games fully.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air
The animal rights group worked to **release** the dolphins back into the wild.

corticosteroid

n. a synthetic steroid hormone that is commonly used to reduce inflammation and treat a variety of medical conditions, including asthma, allergies, and arthritis

synonym: cortisone, glucocorticoid, steroid hormone

(1) oral **corticosteroid**, (2) **corticosteroid** injection

The doctor prescribed a **corticosteroid** cream to treat my itchy rash.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

pea

n. a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable

synonym: legume, bean, pulse

(1) **pea** protein, (2) **pea** family

She shelled the **peas** and added them to the pot.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym: self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

kidney

n. either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

superhuman

adj. possessing abilities or characteristics that exceed those of normal humans; beyond human capacity or capability

synonym: supernatural, inhuman, beyond human

(1) **superhuman** beings, (2) **superhuman** effort

The athlete's **superhuman** strength allowed him to lift twice his body weight.

- feat** *n.* a notable or impressive achievement, especially one that requires great skill or bravery
synonym: achievement, accomplishment, exploit
(1) intellectual **feat**, (2) **feat** accomplishment
It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.
- courage** *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
synonym: bravery, valor, fearlessness
(1) mental **courage**, (2) inspire **courage**
It takes a lot of **courage** to stand up for what you believe is right.
- inflammation** *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
synonym: rash, hives, irritation
(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs
The medicine soothes the pain of chronic **inflammation**.
- suppress** *v.* to bring something under control by force or authority; to put an end by force
synonym: subdue, bury, stifle
(1) **suppress** a yawn, (2) **suppress** a revolt
The doctor prescribed medication to **suppress** the patient's appetite.
- immune** *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
synonym: resistant, unsusceptible, unaffected
(1) **immune** from criminal prosecution, (2) the cell of the **immune** system
The vaccination does not necessarily make you completely

immune.

susceptible

adj. easily influenced, harmed, or affected by something
synonym : exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof
Well-stretched muscles are less **susceptible** to injury.

infection

n. a condition in which pathogenic microorganisms or viruses have entered the body

synonym : contagion, disease, transmission

(1) a bacterial **infection**, (2) treat the **infection** with antibiotics

Hospitals must meet various standards to prevent nosocomial **infections**.

acne

n. a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back

synonym : pimple, zit, spot

(1) **acne** breakout, (2) painful **acne**

Stress can contribute to **acne** development on the skin.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

synonym : microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

Bacteria prevalent in hospitals are often resistant to antibiotics.

pimple

n. a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish

synonym : blemish, zit, spot

(1) **pimple** treatment, (2) get rid of a **pimple**

The **pimple** outbreak on his face made him feel self-conscious.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

churn

v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

synonym: stir, agitate, whirl

(1) **churn** out manufactured goods, (2) **churn** in my stomach

The cream needs to be **churned** for several minutes before it becomes butter.

lipid

n. any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells

synonym: fat, oil, phospholipid

(1) **lipid** metabolism, (2) blood **lipid** profile

Omega-3 fatty acids, found in foods like fish and nuts, are a type of **lipid** that is good for heart health.

sebaceous

adj. relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions

synonym: oily, greasy, fatty

(1) **sebaceous** glands, (2) **sebaceous** cyst

Acne is often caused by **sebaceous** oils clogging the pores on the skin.

swell

v. to become larger or more inflated; to become more intense or important

synonym : expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

inflamm

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym : agitate, arouse, enrage

(1) **inflamm** skin, (2) **inflamm** his passion

Her eyes **inflamed** with crying.

pore

n. a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively

synonym : stoma, foramen

(1) woody **pore** fungi, (2) **pore** over reference books

I was sweating at every **pore**.

trap

n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym : catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

pesky

adj. causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

synonym : annoying, irritating, bothersome

(1) dealing with **pesky**, (2) **pesky** problem

The **pesky** fly kept buzzing around my head.

thrive

v. to grow vigorously; to make steady progress

synonym : bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

neuropeptide

n. a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system

(1) **neuropeptide** receptor, (2) **neuropeptide** release

Experiments with **neuropeptide** inhibitors have shown promising results in alleviating chronic pain.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

boost

v. to improve, raise, or increase something

synonym: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

situ

adj. short for "situated," meaning located or placed in a particular position or circumstance

synonym: situational, contextual, circumstantial

(1) ex- **situ** conservation, (2) in- **situ** control

Melanoma in **situ** is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

unavoidable

adj. impossible to avoid or evade; inevitable

synonym: inevitable, inescapable, certain

(1) an **unavoidable** accident, (2) under **unavoidable** circumstances

There are now fears that war is **unavoidable**.

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym: certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

approaching

adj. drawing nearer in time or space; coming close to someone or something

synonym: nearing, approaching, getting closer

(1) **approaching** deadline, (2) **approaching** retirement

The **approaching** storm clouds filled the sky with ominous darkness.

Session 2: Spelling

- | | |
|---------------------------|--|
| 1. female ho____e | <i>n.</i> a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood |
| 2. pathogenic ba____ia | <i>n.</i> single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease |
| 3. ex-s__u conservation | <i>adj.</i> short for "situated," meaning located or placed in a particular position or circumstance |
| 4. a ch____al compound | <i>adj.</i> relating to or connected with chemistry; |
| 5. ho__r around the table | <i>v.</i> to stay in one place in the air |
| 6. set a t__p | <i>n.</i> a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping |
| 7. heavy tr____c | <i>n.</i> the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time |
| 8. st____e financially | <i>v.</i> to miss a step and fall or nearly fall; to walk unsteadily |

ANSWERS: 1. hormone, 2. bacteria, 3. situ, 4. chemical, 5. hover, 6. trap, 7. traffic, 8. stumble

- | | |
|--|--|
| 9. inf_____ion of the lungs | <i>n.</i> a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury |
| 10. pe__y problem | <i>adj.</i> causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner |
| 11. f__e abroad | <i>v.</i> to leave by running away, especially out of fear or danger |
| 12. re_____e CO2 into the air | <i>v.</i> to set free or allow to escape from confinement |
| 13. sw__l a population | <i>v.</i> to become larger or more inflated; to become more intense or important |
| 14. in_____e a high degree of risk | <i>v.</i> to include or affect someone or something as a necessary part of something else |
| 15. tes_____one enhancer | <i>n.</i> a male hormone that is responsible for the development of male secondary sex characteristics |
| 16. treat the in_____on with antibiotics | <i>n.</i> a condition in which pathogenic microorganisms or viruses have entered the body |
| 17. in_____e a lot of paperwork | <i>v.</i> to include or affect someone or something as a necessary part of something else |
| 18. co_____nt a global warming | <i>v.</i> to face, meet or deal with a problem or difficult situation or person |
| 19. cell and molecular bi_____y | <i>n.</i> the scientific study of life and the natural processes of living things |

ANSWERS: 9. inflammation, 10. pesky, 11. flee, 12. release, 13. swell, 14. involve, 15. testosterone, 16. infection, 17. involve, 18. confront, 19. biology

20. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
21. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
22. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
23. bo__t the economy *v.* to improve, raise, or increase something
24. functional spe_____ion *n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job
25. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
26. neu_____ide receptor *n.* a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
27. blood li__d profile *n.* any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells

ANSWERS: 20. inflame, 21. feat, 22. confident, 23. boost, 24. specification, 25. straight, 26. neuropeptide, 27. lipid

28. su____ss a revolt *v.* to bring something under control by force or authority; to put an end by force
29. miserable pl____t *n.* a difficult or unfortunate situation
30. lack of ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
31. pinch off a b_d *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
32. im____e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
33. walk around in a d__e *n.* the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
34. in-s__u control *adj.* short for "situated," meaning located or placed in a particular position or circumstance
35. pra____ly impossible to find a parking spot *adv.* almost or nearly
36. anterior hyp____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
37. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 28. suppress, 29. plight, 30. oxygen, 31. bud, 32. immune, 33. daze, 34. situ, 35. practically, 36. hypothalamus, 37. hormone

46. b_d grafting *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
47. pra_____ly constant *adv.* almost or nearly
48. a bacterial in_____on *n.* a condition in which pathogenic microorganisms or viruses have entered the body
49. sl__p against pillows *v.* to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality
50. po___r divine matters *v.* to think deeply or carefully about something
51. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
52. oral cor_____oid *n.* a synthetic steroid hormone that is commonly used to reduce inflammation and treat a variety of medical conditions, including asthma, allergies, and arthritis
53. toxic ch_____als *adj.* relating to or connected with chemistry;
54. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
55. gi___e like a child *v.* to laugh lightly and repeatedly in a silly, nervous, or childlike way

ANSWERS: 46. bud, 47. practically, 48. infection, 49. slump, 50. ponder, 51. nervous, 52. corticosteroid, 53. chemical, 54. trap, 55. giggle

56. a synthetic derivative of
tes_____one
57. app_____ng deadline
58. the hydrogen binds the ox____n
59. the pl____t of the poor
60. partial ec_____e
61. in____n civilians
62. se_____us cyst
63. sw__l at room temperature
- n.* a male hormone that is responsible for the development of male secondary sex characteristics
- adj.* drawing nearer in time or space; coming close to someone or something
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
- n.* a difficult or unfortunate situation
- n.* an obscuring of one celestial body by another, often used to describe a lunar or solar eclipse; a period of obscurity or decline, often used to describe a decline in popularity or influence; (verb) to surpass, overshadow, or outshine someone or something
- v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
- adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions
- v.* to become larger or more inflated; to become more intense or important

ANSWERS: 56. testosterone, 57. approaching, 58. oxygen, 59. plight, 60. eclipse, 61. intern, 62. sebaceous, 63. swell

64. to sp__e *n.* a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
65. fo__y memory *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
66. anterior pi_____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
67. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
68. ad_____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
69. ec_____e a competitor *n.* an obscuring of one celestial body by another, often used to describe a lunar or solar eclipse; a period of obscurity or decline, often used to describe a decline in popularity or influence; (verb) to surpass, overshadow, or outshine someone or something
70. get ne_____s *adj.* worried and anxious about something; relating to the nerves
71. woody p__e fungi *n.* a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively
72. a sus_____le young woman *adj.* easily influenced, harmed, or affected by something

ANSWERS: 64. spike, 65. foggy, 66. pituitary, 67. environment, 68. adrenal, 69. eclipse, 70. nervous, 71. pore, 72. susceptible

73. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
74. sw__p a room with a glance *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
75. economic sl__p *v.* to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality
76. an una_____le accident *adj.* impossible to avoid or evade; inevitable
77. unpre_____ed for the exam *adj.* not properly or adequately prepared; lacking preparation; not ready
78. domiciliary c__es *n.* a large hole in the side of a hill, cliff, mountain, or under the ground
79. inspire co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
80. high levels of air po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
81. re___d a film *v.* to make something, such as a film or tape, go back to the beginning
82. st_____e through life *v.* to miss a step and fall or nearly fall; to walk unsteadily

ANSWERS: 73. confident, 74. sweep, 75. slump, 76. unavoidable, 77. unprepared, 78. cave, 79. courage, 80. pollution, 81. rewind, 82. stumble

83. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
84. sup_____an beings *adj.* possessing abilities or characteristics that exceed those of normal humans; beyond human capacity or capability
85. environmental po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
86. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
87. sus_____le of proof *adj.* easily influenced, harmed, or affected by something
88. ma_____e stars *adj.* enormous amount; very heavy and solid
89. a__e breakout *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
90. neu_____ide release *n.* a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
91. unpre_____ed speech *adj.* not properly or adequately prepared; lacking preparation; not ready
92. con_____er board *n.* a person or device that manages or regulates the operation of a system, equipment, or machine; a high-level position within an organization responsible for overseeing management, operations, and reporting

ANSWERS: 83. cortisol, 84. superhuman, 85. pollution, 86. environment, 87. susceptible, 88. massive, 89. acne, 90. neuropeptide, 91. unprepared, 92. controller

93. se_____us glands *adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions
94. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
95. get rid of a pi___e *n.* a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish
96. f__e their homes *v.* to leave by running away, especially out of fear or danger
97. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
98. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
99. su_____ss a yawn *v.* to bring something under control by force or authority; to put an end by force
100. pi___e treatment *n.* a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish
101. bo__t flexibility *v.* to improve, raise, or increase something
102. cor_____oid injection *n.* a synthetic steroid hormone that is commonly used to reduce inflammation and treat a variety of medical conditions, including asthma, allergies, and arthritis

ANSWERS: 93. sebaceous, 94. sweat, 95. pimple, 96. flee, 97. trigger, 98. immune, 99. suppress, 100. pimple, 101. boost, 102. corticosteroid

103. manually re___d the tape *v.* to make something, such as a film or tape, go back to the beginning
104. painful a__e *n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
105. su_____e beforehand *v.* to think that something is likely to be actual or possible
106. fo__y morning *adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
107. ad_____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
108. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
109. li__d metabolism *n.* any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells
110. d__e of sleep *n.* the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
111. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

ANSWERS: 103. rewind, 104. acne, 105. suppose, 106. foggy, 107. adrenal, 108. gland, 109. lipid, 110. daze, 111. cortisol

112. p_a protein *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
113. sw__p up dead leaves *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
114. chronic ki___y disease *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
115. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
116. sup_____an effort *adj.* possessing abilities or characteristics that exceed those of normal humans; beyond human capacity or capability
117. am___h marketing *n.* the act of hiding and waiting for someone before the sudden attack
118. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
119. to prevent blood sugar sp__es *n.* a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
120. an artificial ki___y *n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 112. pea, 113. sweep, 114. kidney, 115. pituitary, 116. superhuman, 117. ambush, 118. inflammation, 119. spike, 120. kidney

121. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
122. have a whole m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
123. app_____ng retirement *adj.* drawing nearer in time or space; coming close to someone or something
124. p_a family *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
125. hyp_____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
126. su_____e you're right *v.* to think that something is likely to be actual or possible
127. evolutionary bi_____y *n.* the scientific study of life and the natural processes of living things
128. mental co_____e *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
129. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
130. engineering spe_____ion *n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

ANSWERS: 121. panic, 122. mess, 123. approaching, 124. pea, 125. hypothalamus, 126. suppose, 127. biology, 128. courage, 129. brain, 130. specification

131. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
132. get into a m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
133. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
134. pr_____ve society *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
135. tr_____c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
136. dealing with pe__y *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
137. ch__n in my stomach *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
138. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 131. confront, 132. mess, 133. straight, 134. primitive, 135. traffic, 136. pesky, 137. churn, 138. trigger

139. th___e on pressure *v.* to grow vigorously; to make steady progress
140. autistic st____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
141. the mouth of the c___e *n.* a large hole in the side of a hill, cliff, mountain, or under the ground
142. gi___e uncontrollably *v.* to laugh lightly and repeatedly in a silly, nervous, or childlike way
143. harmless ba____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
144. sa___r fencing *n.* a type of sword with a curved blade, typically used in cavalry or fencing
145. cr___h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
146. st____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
147. artifact of a pr____ve humankind *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

ANSWERS: 139. thrive, 140. stimming, 141. cave, 142. giggle, 143. bacteria, 144. saber, 145. crush, 146. stimming, 147. primitive

148. financial con_____er *n.* a person or device that manages or regulates the operation of a system, equipment, or machine; a high-level position within an organization responsible for overseeing management, operations, and reporting
149. coconut p__m trees *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
150. the p__m side of the forearm *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
151. po___r life's meaning *v.* to think deeply or carefully about something
152. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
153. ma_____e amounts *adj.* enormous amount; very heavy and solid
154. ho__r between life and death *v.* to stay in one place in the air
155. ceremonial sa__r *n.* a type of sword with a curved blade, typically used in cavalry or fencing
156. p__e over reference books *n.* a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively

ANSWERS: 148. controller, 149. palm, 150. palm, 151. ponder, 152. sweat, 153. massive, 154. hover, 155. saber, 156. pore

157. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
158. re____e a prisoner *v.* to set free or allow to escape from confinement
159. th___e in a society *v.* to grow vigorously; to make steady progress
160. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery

ANSWERS: 157. brain, 158. release, 159. thrive, 160. feat

Session 3: Fill in the Blanks

1. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

2. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.
n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

3. The politician tried to _____ the embarrassing incident under the rug.
v. to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

4. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

5. _____ prevalent in hospitals are often resistant to antibiotics.
n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

6. The navy _____ ships of defeated nations.
v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 1. inflammation, 2. pituitary, 3. sweep, 4. stimming, 5. Bacteria, 6. interned

7. This high-performance camera is compact enough to fit in the _____ of your hand.
- n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
8. His arm was _____ from the insect bite.
- v.* to become larger or more inflated; to become more intense or important
9. The _____ fly kept buzzing around my head.
- adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
10. Sales of the product _____ after the negative reviews were published.
- v.* to fall or sink suddenly, often due to loss of support or stability; to decline or decrease abruptly, as in business or economic conditions; to become despondent or dispirited; (noun) a sudden or prolonged decline or drop in value, price, or quality
11. When we saw the animals at the zoo playfully chasing each other, we all started to _____.
- v.* to laugh lightly and repeatedly in a silly, nervous, or childlike way
12. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
13. Acne is often caused by _____ oils clogging the pores on the skin.
- adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions

ANSWERS: 7. palm, 8. swelling, 9. pesky, 10. slumped, 11. giggle, 12. environment, 13. sebaceous

14. I was sweating at every _____.
n. a tiny hole in the skin of people or other animals that sweat can pass through;
(verb) to read carefully or study attentively
15. She sat quietly, _____ the difficult decision.
v. to think deeply or carefully about something
16. The passenger grabbed for the _____ mask.
n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
17. There are now fears that war is _____.
adj. impossible to avoid or evade; inevitable
18. Without investment, a business cannot _____.
v. to grow vigorously; to make steady progress
19. The recent _____ in grain prices is partly due to the war in the producing countries.
n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
20. Experiments with _____ inhibitors have shown promising results in alleviating chronic pain.
n. a type of molecule that is made up of chains of amino acids and is involved in transmitting messages between neurons in the brain and nervous system
21. The _____ student struggled on the test and received a low grade.
adj. not properly or adequately prepared; lacking preparation; not ready

ANSWERS: 14. pore, 15. pondering, 16. oxygen, 17. unavoidable, 18. thrive, 19. spike, 20. neuropeptide, 21. unprepared

22. It takes a lot of _____ to stand up for what you believe is right.
n. the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
23. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
24. He finally decided to _____ problems directly.
v. to face, meet or deal with a problem or difficult situation or person
25. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
26. The _____ outbreak on his face made him feel self-conscious.
n. a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish
27. We decided to take a detour to avoid the construction _____ on the main road.
n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
28. The industry in this country is still _____.
adj. of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
29. The gaming _____ was the missing piece I needed to enjoy my video games fully.
n. a person or device that manages or regulates the operation of a system, equipment, or machine; a high-level position within an organization responsible for overseeing management, operations, and reporting

ANSWERS: 22. courage, 23. nervous, 24. confront, 25. chemical, 26. pimple, 27. traffic, 28. primitive, 29. controller

30. Bats reside in sheltered _____.
- n.* a large hole in the side of a hill, cliff, mountain, or under the ground
31. He made a frightful _____ in his room.
- n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
32. Oxytocin is also produced in the nucleus of the _____.
- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
33. She shelled the _____ and added them to the pot.
- n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
34. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
- n.* a notable or impressive achievement, especially one that requires great skill or bravery
35. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
36. Armed police officers lay in _____ in front of the criminal's house.
- n.* the act of hiding and waiting for someone before the sudden attack
37. The surgeon removed the healthy _____ from the donor.
- n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 30. caves, 31. mess, 32. hypothalamus, 33. peas, 34. feat, 35. involves, 36. ambush, 37. kidney

38. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
39. The _____ weather made it difficult to see the road ahead.
- adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
40. The doctor prescribed a _____ cream to treat my itchy rash.
- n.* a synthetic steroid hormone that is commonly used to reduce inflammation and treat a variety of medical conditions, including asthma, allergies, and arthritis
41. He was sick for five _____ days.
- adj.* extending or moving in one direction without bending or curving; having no deviations
42. The adrenal _____ produce steroids.
- n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
43. She _____ over the tree root.
- v.* to miss a step and fall or nearly fall; to walk unsteadily
44. Stress can contribute to _____ development on the skin.
- n.* a skin condition that causes pimples, blackheads, and other blemishes on the face, chest, and back
45. Her eyes _____ with crying.
- v.* to cause very strong feelings such as anger or excitement in a person or a group of people

ANSWERS: 38. immune, 39. foggy, 40. corticosteroid, 41. straight, 42. glands, 43. stumbled, 44. acne, 45. inflamed

46. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
47. People across the country gathered to watch the solar _____ in wonder and amazement.
- n.* an obscuring of one celestial body by another, often used to describe a lunar or solar eclipse; a period of obscurity or decline, often used to describe a decline in popularity or influence; (verb) to surpass, overshadow, or outshine someone or something
48. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
49. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
50. The doctor prescribed medication to _____ the patient's appetite.
- v.* to bring something under control by force or authority; to put an end by force
51. The cream needs to be _____ for several minutes before it becomes butter.
- v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
52. In junior high school, we had to dissect a frog in _____ class.
- n.* the scientific study of life and the natural processes of living things

ANSWERS: 46. Cortisol, 47. eclipse, 48. brain, 49. panic, 50. suppress, 51. churned, 52. biology

53. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
54. Hospitals must meet various standards to prevent nosocomial _____.
- n.* a condition in which pathogenic microorganisms or viruses have entered the body
55. Training with sufficient intensity increases blood _____ levels.
- n.* a male hormone that is responsible for the development of male secondary sex characteristics
56. The recent economic downturn has resulted in _____ layoffs.
- adj.* enormous amount; very heavy and solid
57. The car was completely _____ in the accident.
- v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
58. The _____ storm clouds filled the sky with ominous darkness.
- adj.* drawing nearer in time or space; coming close to someone or something
59. The _____ is endangering the local plants and animals.
- n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
60. The project's _____ outlined the goals and requirements for the team to complete.
- n.* a detailed description of the characteristics, features, or requirements of something, typically a product or system; a written statement that outlines the standards, procedures, or requirements for a project or job

ANSWERS: 53. hormone, 54. infections, 55. testosterone, 56. massive, 57. crushed, 58. approaching, 59. pollution, 60. specifications

61. Melanoma in _____ is considered the earliest stage of melanoma and has a high cure rate with appropriate treatment.

adj. short for "situated," meaning located or placed in a particular position or circumstance

62. The athlete's _____ strength allowed him to lift twice his body weight.

adj. possessing abilities or characteristics that exceed those of normal humans; beyond human capacity or capability

63. The flower was starting to show its ____ and would soon bloom into a beautiful blossom.

n. a small swelling on a plant stem or twig containing an undeveloped shoot

64. He was in a _____ from the sudden news and couldn't process it properly.

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

65. The store is _____ empty.

adv. almost or nearly

66. It is a basic instinct to _____ from a dangerous situation.

v. to leave by running away, especially out of fear or danger

67. The doctor ordered tests to check the patient's _____ function.

adj. relating to two glands situated above the kidneys, called the adrenal gland

68. Two birds were _____ overhead.

v. to stay in one place in the air

ANSWERS: 61. situ, 62. superhuman, 63. bud, 64. daze, 65. practically, 66. flee, 67. adrenal, 68. hovering

69. Please _____ the thread onto the reel.

v. to make something, such as a film or tape, go back to the beginning

70. The military commander drew his _____ and shouted orders to the troops.

n. a type of sword with a curved blade, typically used in cavalry or fencing

71. The animal rights group worked to _____ the dolphins back into the wild.

v. to set free or allow to escape from confinement

72. I'm not _____ in our victory.

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

73. Omega-3 fatty acids, found in foods like fish and nuts, are a type of _____ that is good for heart health.

n. any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells

74. She wiped the _____ off her forehead with a towel.

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

75. What do you _____ the culprit's motive was?

v. to think that something is likely to be actual or possible

76. Well-stretched muscles are less _____ to injury.

adj. easily influenced, harmed, or affected by something

ANSWERS: 69. rewind, 70. saber, 71. release, 72. confident, 73. lipid, 74. sweat, 75. suppose, 76. susceptible

77. The enemy fell right into the _____.

- n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

78. The government has ignored the _____ of the homeless population.

- n.* a difficult or unfortunate situation

79. The incident _____ a political controversy.

- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

80. The new service helped _____ net income by 10%.

- v.* to improve, raise, or increase something

ANSWERS: 77. trap, 78. plight, 79. triggered, 80. boost